



FLAGSTAFF COMMUNITY ENRICHMENT SERVICES

FLAGSTAFF
RECREATION
CENTER

COGDILL
RECREATION
CENTER

ATHLETICS

JAY LIVELY
ACTIVITY CENTER

COMMUNITY
EVENTS

THORPE PARK
COMMUNITY & SENIOR
CENTER

FLAGSTAFF
AQUAPLEX



WWW.FLAGSTAFF.AZ.GOV/RECREATION

SPRING-SUMMER 2010 EDITION

Flagstaff Community Enrichment Services

Welcome!

The City of Flagstaff's Recreation Services is your community connection for swimming lessons, ice skating lessons, leisure classes, programs, entertainment, and special events. You can always count on us to do our very best to serve the recreation and leisure needs of the community.

You'll find just what you need at more than 24 developed parks, tennis courts, basketball courts, 2 disc golf courses, 17 ball fields, 50 miles of the Flagstaff Urban Trail System, 2 skate parks, a BMX park, 3 recreation centers, and an ice rink, providing year-round programs and activities.

It's all here for you! We welcome the opportunity to serve you.

Recreation Mission Statement

Recreation Services enriches the lives of our community by providing exceptional opportunities for families and individuals of all abilities to participate in programs valuable to sustaining a healthy lifestyle.

Recreation Services Online Registration "WebTrac"

To use the online system to register for programs and activities, you'll need a credit card and your Household ID number. If you have a previous Recreation Services receipt, your Household ID number will be located in the top left corner of the receipt. If you are unable to locate this information or are new to Flagstaff, please call (928) 213-2300 to set up your account. You can access our online registration at <https://click2gov.flagstaff.az.gov:4430/>

Programming for Everyone

Recreation Services is dedicated to providing everyone the opportunity to participate in recreation and

leisure programs. If you need special accommodations to participate in any program, please notify us at the time of registration. Arizona Relay Service, a public service for the hearing impaired, is available at 7-1-1.

RECREATION SERVICES ADMINISTRATIVE STAFF

Elizabeth Neumayer

Community Enrichment Services Director
213-2305, enuemayer@flagstaffaz.gov

Brian Grube

Recreation Superintendent
213-2306, bgrube@flagstaffaz.gov

Kathy Drummond

Administrative Specialist
213-2302, kdrummond@flagstaffaz.gov

Cathy Guetschow

Administrative Assistant
213-2316, cguetschow@flagstaffaz.gov



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Recreation Services

Recreation Service Phone: (928) 213-2300

Fax: (928)556-1226

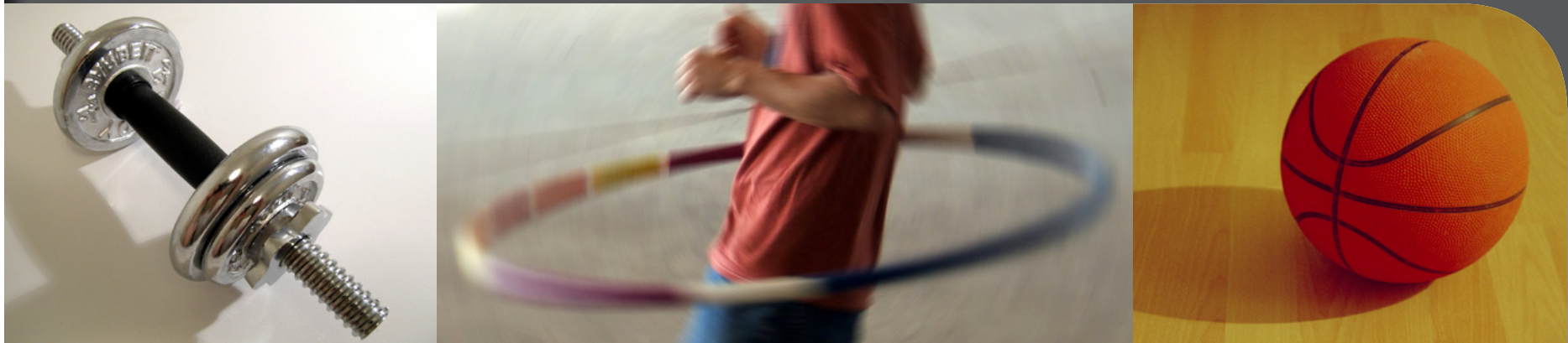
Location: 1702 N. 4 th St., Flagstaff, AZ 86004

Mailing Address: 211 W. Aspen Ave, Flagstaff, AZ 86001

Web Site: www.flagstaff.az.gov/recreation

Administrative Office Hours: Monday – Friday, 8:00 am – 5:00 pm

Brian Grube, Recreation Superintendent, bgrube@flagstaffaz.gov, 928-213-2306



Flagstaff Recreation Center

779-1468 2403 N. IZABEL ST.

Danny Neal, Sr. Recreation Coordinator Louis Lucero, Recreation Coordinator
556-1304 | dneal@flagstaffaz.gov 779-1468 | llucero@flagstaffaz.gov

SPRING OPEN HOURS (APRIL – JUNE 5TH)

Monday – Friday 1:00 p. m. – 9:00 p. m.
Saturday 10:00 a. m. – 4:00 p. m.

SUMMER OPEN HOURS (STARTING JUNE 8TH)

Monday – Friday 10:00 a. m. – 9:00 p. m.
Saturday 10:00 a. m. – 4:00 p. m.

CENTER CLOSURES

May 31 – Memorial Day
July 5 – Independence Day

TEENS AND ADULTS Register for these programs by calling the instructor.

BASIC / TECHNIQUE CHOREOGRAPHY CLASS

Basics for grounding, muscles strengthened and joint flexibility increased for dancing success. Proper alignment for transverse/frontal/sagittal planes of the body. Call for fees: Karen Custer-Thurston, 773-2824

Ongoing TH 5:30 – 6:30 pm 18+

ADVANCED CHOREOGRAPHY CLASS

Set piece choreography. Zill/sagat patterns (movement). Overlay techniques.

Basic refined. Sword, Stick, Drum rhythms mastered. Floor Work. Call for fees: Karen Custer-Thurston, 773-2824.

Ongoing TH 6:30 – 8:00 pm 16+

HULA CLASSES WITH Instructor: Kehau Chrisman, 928- 639-4683

www.arizonahula.com SA 1- May 29 2 – June 26 3 – July 24 10:30-3:30 p.m. \$45/class

ADULT & YOUTH DROP IN PROGRAMS – ONGOING & FREE!

ADULT FULL COURT BASKETBALL M, Tu, W April – Dec. 6:00 – 9:00 p.m. 18+

WEIGHT ROOM – ONGOING

Adult, \$47, 18+

M, W, F 6:00 – 9:00 a.m.
M, TU, W, TH, F 1:00 – 2:30 p.m.
M, TU, W, Th, F 5:00 – 9:00 p.m.
S 11:00 – 3:00 p.m.

Youth Weight Training M, Tu, W, TH 3:00 – 4:30 p.m. \$15.75 yr 12 - 18

Athletic Training & Conditioning M, W, F 3:00 – 4:30 p.m. Free 13 - 18

SUMMER YOUTH PROGRAMS – JUNE – MID-AUGUST ALL PROGRAMS ARE FREE!

• Kickball	M, F	1:00 p.m. – 3:00 p.m.	Ages	7 - 15
• Dodgeball	M	10:30 a.m. – 12:00 p.m.		7 - 15
• Wiffleball	(Games will be played against Cogdill Recreation Center).			
	M (Practice)	1:00 p.m. – 3:00 p.m.		7 - 15
	W (Games)	2:00 p.m. – 4:00 p.m.		7 - 15
• T – Wiffleball	TU	1:30 p.m. – 2:30 p.m.		5 - 7
• Youth Cooking	M	3:00 p.m. – 4:00 p.m.		7 - 15
• Arts & Crafts	Tu	11:00 a.m. – 12:00 p.m.		5 - 16
	W	1:00 p.m. – 2:00 p.m.		5 - 16
• Flag Tag	TU, TH	12:00 p.m. – 1:00 p.m.		7 - 15
• Junior Racquetball	TU	2:00 p.m. – 3:00 p.m.		7 - 15
• Activity/Tournament Hour	TH	10:30 a.m. – 12:00 p.m.		7 - 15
• Youth Wallyball	TH	3:00 p.m. – 4:00 p.m.		7 - 15
• Floor Hockey	F	10:30 a.m. – 12:00 p.m.		7 - 15

UPCOMING EVENTS

BASIC ARCHERY

Come join us for a new & exciting program. Learn the proper way to shoot a bow from certified instructors. Bows, arrows, & targets provided. All participants must complete and pass 15 min. basic instructional course.

Call the Center for more information.

BASEBALL CAMPS

Learn proper hitting, pitching, & defensive techniques & drills to make you a better player. Ages 7-14 yrs.

HITTING CAMP

July 19 - 22 10:00 - 1:00 p.m. \$30 FRC

DEFENSIVE/PITCHING CAMP

July 26 - 29 10:00 - 1:00 p.m. \$30 FRC

SUNNYSIDE

SUNNYSIDE ONE – STOP EMPLOYMENT TRAINING CENTER

Faye Owens, Program Manager, 779-7011 | sunnysideone@npgcable.com

Job Search and Employment Training Classes, and one on one assistance in producing resumes and learn basic computer applications classes offered.

M, W	Ongoing	1:00 - 4:00 pm.	Free	18+
TU, Th	Ongoing	1:00 - 8:00 pm.	Free	18+
Sa	Ongoing	10:00 am. – 3:00	Free	18+



DROP-IN ACTIVITIES – ONGOING AND FREE!

Programs run until June 4

• Homework Club	M-TH	3:00-5:00 p.m.	All Ages
• Family Board Game Night	TU	5:00-7:00 p.m.	All Ages
• Arts and Crafts	W	4:00 p.m.	All Ages
• Flag Football	M & TH	4:00 p.m.	7+
• Volleyball	F	6:00 p.m.	16+
• Youth Wally Ball	F	4:00-6:00 p.m.	All Ages
• Open Court	M-TH	5:00 p.m.	All Ages

AQUAFINA MAJOR LEAGUE BASEBALL PITCH, HIT & RUN (PHR):

an exciting baseball/softball skills competition that provides boys and girls, ages 7 to 14, the opportunity to showcase their pitching, hitting and running abilities.

Sunday, April 25th, 2:00 p.m., Flagstaff Little League Fields
Check-in and Registration starts at 11:00 a.m. Event begins at noon.

MONDAY BOWLING BASH

Join the Awesome Afternoons program at Starlight Lanes for an afternoon of fun. All abilities welcome.

M, Ongoing, 4:00 p.m., \$2.00, 7+

SPECIAL OLYMPICS

We train year-round for athletic competition such as Bocce-Ball, Soccer, Basketball, and Bowling. Please call Cogdill Recreation Center for more details.

FREE YOUTH SUMMER PROGRAMS!!

(Begin June 7)

• Memorable Mondays Arts and Crafts	M	2:00 p.m.
6+		
• Tournament Time Tuesdays	T	2:00 p.m.
6+		
• Wiffle Ball Wednesdays	W	2:00-4:00 p.m.
6+		
• Thursday Cooking Class	TH	2:00 p.m.
6+		

FISHING FRENZY FRIDAYS, 11:00 a.m.-4:00 p.m., 7+

Bring your fishing poles, tackle, and a lunch as we frequent the area lakes select Fridays in June & July! These trips have very limited space so be sure to sign-up first.

June 11 - Lake Mary June 25 - Ashurst Lake July 16 - Kaibab Lake July 23 - Francis Short Pond

SPORTS OF ALL SORTS CAMP

Brush up on your skills in basketball, soccer, football, and baseball. This four day camp is geared toward beginners and will introduce participants to the basic skills of the various sports. Fun times for all!

M-TH, June 14 - 17, 1:00 p.m. - 4:00 p.m., \$25, 6-12

Cogdill Recreation Center

779-0037 301 S. PASEO DEL FLAG

Tyrone Johnson, Senior Recreation Coordinator / ltjohnson@flagstaffaz.gov
Crystal Warden-Gant, Recreation Coordinator / cwarden@flagstaffaz.gov

SPRING HOURS:

Monday-Friday,
12:00-8:00 p.m.

CENTER CLOSURES

May 31, Memorial Day
July 5, Independence Day

SUMMER HOURS:

Monday-Friday, 10:00 a.m.-6:00 p.m.,
Begins June 7

SPECIAL EVENTS

GOTTA' LOVE THOSE MOMMIES

Celebrate the special women (or men) in your life. We will make a special Mother's Day gift for the people that take such great care of us!

F, May 7, 3:30 p.m., Free, 6+

JUNETEENTH CELEBRATION

Celebrate the National observance of the 13th Amendment. Please call the Center at 779-0037 for information on activities and essay contest.

S, June 19, 1:00 - 5:00 p.m., \$4/plate, All ages

CELEBRATE NATIONAL HOTDOG MONTH

Enjoy the wonderful weather and have a Dog' gone good time with a craft and a yummy hotdog!

F, July 9, 1:00 p.m., Free, 6+

ATHLETICS 213-2309

ATHLETICS

Kris Walsh/ Rachel Buzzard
928-213-2309/ 928-213-2310
kwash@flagstaffaz.gov / rbuzzard@flagstaffaz.gov

ADULT SLOW-PITCH SOFTBALL LEAGUE

Leagues fill up fast, so be sure to sign-up early!

Registration: May 3 – May 31
League Dates: July 6 – September 10*
Nights: Sunday - Friday
Price: \$275 per team (\$300 after May 31)

Mandatory Manager's Meeting June 24 at 6:00 p.m. at the Flagstaff Aquaplex (1702 N. 4th St.).



ATHLETICS

FALL ADULT VOLLEYBALL LEAGUE

Six-person indoor volleyball leagues include men's, women's, and co-ed teams with a 14 game schedule.

Registration:	August 2 - 31			
League Dates:	September 13 – November 6*			
Nights:	Sunday-Coed B, E, G	Monday-Women's B, C	Tuesday-Men's	Wednesday-Women's A
	Thursday-Coed D,	Friday-Coed C		
Price:	Early Bird \$200/Team	\$225/Team after August 31		

Mandatory Manager's Meeting September 2nd at 6:00 p.m. at The Flagstaff Aquaplex (1702 N. 4th St.)

THORPE PARK

COMMUNITY & SENIOR CENTER

774-1068

Thorpe Park Community & Senior Center

774-1068 245 N. THORPE RD.
Matt Faull Senior Recreation Coordinator / mfaull@flagstaffaz.gov
Shelby Fisk Recreation Coordinator 1 / sfisk@flagstaffaz.gov

CENTER HOURS
Monday-Thursday, 8:00 a.m.-8:00 p.m.
Fridays, 8:00 a.m.-2:00 p.m.

CENTER CLOSURES
May 31, Memorial Day
July 5, Independence Day

CHILDREN'S CLASSES

Miss Amanda 928-607-1377

TIPPY TOES CHILDREN'S DANCE CLASSES - MOMMY OR DADDY AND ME

Bring your little one to enjoy music and movement through simple activities using a variety of props and musical instruments providing a fun-filled dance time structured for bonding and partnership.

Th	Ongoing	10:00 – 10:30 a.m.	\$36/six week session	18 mo - 2 yrs
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CREATIVE MOVEMENT

Basic dance technique is taught by using a variety of music, props, rhythmic instruments, and activities to build coordination skills, locomotor movements, balance, rhythm, and age-appropriate choreography

W	Ongoing	9:45 – 10:30 a.m.	\$36/month	3-5 yrs
Th	Ongoing	g	9:00 – 9:45 a.m.	\$36/month 3-5 yrs

PRE-BALLET/JAZZ/HIP-HOP

Building on what students have learned in "Creative Movement", this class integrates more ballet and jazz technique while continuing to learn age-appropriate choreography

M	Ongoing	4:30 – 5:15 p.m.	\$36/month	6-8 yrs
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Adults of All Ages

Teens Welcome

ART & MUSIC

DRAWING

When you have finished the projects in this class, you'll be able to express yourself as an artist.

Instructor Dee Brewer, **286-9088.**

T	April 6 - 27	9:30 - 11:30 a.m.	\$47.95	16+
T	May 4 - 25	9:30 - 11:30 a.m.	\$47.95	16+
T	June 8 - 29	9:30 - 11:30 a.m.	\$47.95	16+
T	July 6 - 27	9:30 - 11:30 a.m.	\$47.95	16+
T	August 10 - 31	9:30 - 11:30 a.m.	\$47.95	16+

www.flagstaff.az.gov/recreation

Spring / Summer 2010

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ART & MUSIC

HAND FELTING CLASSES - WORKING WITH WOOL

Come learn how to hand felt sheep's wool into fun, functional and tactile art. All materials will be provided. For more information & class schedule please contact instructor **Liza Hamilton**, 978-270-8345, wooliza@yahoo.com, or www.Wooliza.com

WATERCOLOR CLASSES

Plein air & studio individualized instruction according to experience.

Please contact instructor **Sharon McGinnis**, 928-527-1776 for information.

TH	Ongoing	2:00 – 4:00 p.m.	\$50/4 classes
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INSTANT GUITAR

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. Bring your acoustic guitar. Class limited to 15 students. Contact 773-3848 to register for class.

TH	June 14	4:00 - 6:30 p.m.	\$49 includes materials	11+
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INSTANT PIANO

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Contact 773-3848 to register for class.

TH	June 14	6:40 – 9:40 p.m.	\$49 includes materials	16+
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HEALTH & WELLNESS

TAI CHI

Create mental and physical balance in your life with the ancient art of T'ai Chi Ch'uan. Call instructor James Brand, 637-3149, for more information or to register. First class is FREE!

T	Ongoing	7:45 – 8:45 p.m.	\$20/month	16+
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TAOIST TAI CHI

Improve your balance, coordination, circulation, flexibility, muscle tone, and posture.

Call instructors **Alice** 248-935-1109 or **Mark** 928-699-6076.

M	Ongoing	9:30 – 11:00 a.m.	\$20 / month or \$45 / 3months	55+
			\$35 / month of \$90 / 3months	21-54

REIKI SHARE

Relieve stress and revitalize with Reike (Ray-key). Spiritually guided life force energy: an ancient healing technique for modern times. Receive a 20 minute mini session. Contact **Melinda De Boer Ayrey**, 928-527-8604 for information.

W	2 week	Ongoing	5:30 – 8:00	\$5/class	13+
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DANCE

FOLK DANCE Learn a variety of folk dances from around the world! This volunteer run group also offers you the opportunity to teach your favorite dance!

M	1, 2, & 3 weeks/mo	6:30 – 8:00 p.m.	Free	16+
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THE FLAGSTAFF BALLROOM ACADEMY

Instructor **Blair Wood**, 774-8046 or e-mail Blair@theFBA.org

AMERICAN CHA-CHA-CHA - LEVEL 1

"The Classic Latin Fun Dance"	Wed	May 5 – 26	5:30 – 7:00 p.m.	\$50	16+ TPC
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COUNTRY WALTZ - LEVEL 1

"The Down Home Country Dance"	Wed	May 5 – 26	7:00 – 8:30 p.m.	\$50	16+ TPC
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THERAPEUTIC STRETCH & LAUGH YOGA

Gentle Iyengar Hatha Yoga with good body alignment, core strength building and safety techniques taught in each class. Learn to stretch, breath and relax. Health challenged and basic students welcome. Contact **Melinda De Boer Ayrey**, 928-527-8604.

W	Ongoing	9:00 – 10:15 a.m.	\$10/class or \$36/4 classes / \$64/ 8 classes	16+
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MIXED LEVELS STRETCH & LAUGH YOGA

Gentle Iyengar Hatha Yoga with good body alignment, core strength building and safety techniques and meditaion taught in each class. Learn to stretch, breath and relax. Basic to intermediate students welcomed Call **Melinda De Boer Ayrey**, 928-527-8604.

T	Ongoing	5:15-6:30 p.m.	\$10/class or \$36/4 classes or \$64/8 classes	13+
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TPCC YOGA

An introspective class for beginning and intermediate students. Breathing techniques are taught. Please bring a yoga mat to class. Register with instructor Julian Lynn at 928-226-7626.

T & TH	Ongoing	5:15 – 6:15 p.m.	\$14/class	\$54/5 class pass	\$94/10 class pass
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CHAIR YOGA

Join Melinda DeBoer Ayrey in exploring the endless benefits of chair yoga. For more information please contact **Melinda** at 928-527-8604.

W	Ongoing	10:45 – 11:45	\$2 drop in
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MASSAGE BY FLAG JONI

Walk-in or make an appointment for a relaxing Swedish chair massage. Relieve your stress & enjoy a little time for yourself.

Contact Flag Joni at 928-522-0273.	F	Ongoing	9:30-12:00	\$10/15min,	\$20/30 min,	\$40/60min
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TENNIS

The Flagstaff Tennis Program, run by Rick Goldwasser, will begin its fourth season this April. Rick has been teaching tennis for over 25 years – levels from beginners to state champions and ages from 6 to 76, he has taught them all. Emphasis is on having fun while you play, through the use of fast-paced drills which will give students a good workout while they learn. Each class is geared towards that specific level's needs, whether it is learning the basic strokes and rules or implementing advanced strategy in game situations.

There will be three sessions (spring, summer, fall) which run from late April through mid October. Classes are available for all ages and all levels and are offered at a variety of times. So come on out and have some fun while you get a good workout and learn a sport which will truly last for a lifetime.

For more information you can contact Rick by phone (928-225-1438) or by e-mail flag.tennis@yahoo.com or visit the program's web site flagtennis.com.

WEIGHT ROOM MEMBERSHIPS

Begin the road to a healthier, happier and less stressed you! Weight Room memberships are available for just **\$78 per year for ages 54 and under, and \$52 per year ages 55 and up**. Orientation is required prior to purchase. "Ask the Instructor" assistance is available every Tuesday 8:00 – 9:00 a.m. and Wednesday's and Thursday's 4:00 – 6:00 p.m. Call 774-1068 today for your appointment.

AMERICAN MAMBO/SALSA - LEVEL 1

"The 'Red Hot' Latin Dance"	Wed	June 2 - 23	5:30 – 7:00 p.m.	\$50	16+
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COUNTRY WALTZ - LEVEL II

"The Down Home Country Dance"	Wed	June 2 - 23	7:00 – 8:30 p.m.	\$50	16+
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EAST COAST SWING – LEVEL 1

"The All American Dance of Youth!"	Wed	June 30 – July 21	5:30 – 7:00 p.m.	\$50	16+
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AMERICAN TANGO - LEVEL 1

"The Latin Lovers' Dance"	Wed	Sept 3 - 24	7:00 – 8:30 p.m.	\$40	16+
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FIFTIES FORWARD

COUNTY LUNCH PROGRAM

Lunch is served daily Monday thru Friday at noon. For more information contact **Cathy Brown**, Coconino County Community Services at 679-7425.

M – F Ongoing 12:00 p.m. \$2 Donation 62+

Beginning Bridge Learn the basics of this world wide game in a fun and relaxing environment.

T 10:00 a.m. – 12:00 p.m. \$20/One-time fee

SENIOR STRETCH

Increases flexibility and strengthening muscles, improves balance and much more! Join instructor Susan Begovac for this great exercise class.

M, W & F Ongoing 8:30 - 9:00 a.m. & 9:45 - 10:15 a.m. \$1

Easy Does It \$1

Women's fitness classes featuring both cardio and stretching exercises in a relaxed, friendly environment.

T & TH Ongoing 9:00 – 9:45 a.m.

ONGOING & FREE PROGRAMS! CALL 774-1068 TO REGISTER.

- **Book Exchange** M-F 8:00 a.m. - 8:00 p.m.
- **Beginning Spanish** F 12:45 p.m. - 1:45 p.m.
- **Billiards 18+** F 8:00 a.m. - 2:00 p.m.
- M – TH 2:00 p.m. - 8:00 p.m.
- **Contract/Party Bridge** M & TH 1:00 p.m.
- **Cribbage** T 1:00 p.m.
- **Duplicate Bridge** T 1:15 p.m.
- **Pinochle Anyone?** M 1:00 p.m.
- **Scrabble** W 1:00 p.m.
- **Mah Jong** M 10:00 a.m.

Seniors without Partners/Bunco Buddies

Come and join a group of friendly people to play Bunco and join the group at a different restaurant once each month. New members welcome. For information call **Marlene**, 773-0438. T 4th Tue. 5:30 p.m.

- **Table Tennis** Dust off those paddles (or use ours) and join the fun. Call for available time 774-1068
- **Walking Group** Meet at the Thorpe Park Center and enjoy a sociable walk with others. For more information please call Jack Welch 714-0504.
- **Diabetes Support Group Meeting**

Come and learn about this ailment which affects many people. **M Last week each month 6:30 – 8:00 p.m.**

ARIZONA SENIOR OLYMPICS

Here is your opportunity to train, compete, and network with other's who share your athletic interests. This year we will be offering Archery, Badminton, Basketball, Track & Field, Golf, Aquatics, Bowling, Foot Races, Strength Training, Tennis, & Billiards. Please call the Thorpe Park Community and Senior Center for more information, 928-774-1068.

DANCIN' GRANNIES

FREE!

Looking for something new that's great exercise and lots of fun! Join this energetic group of tap dancers for rehearsals and performances. They are always looking for new dancers, don't hesitate to join today. For more information call 774-1068.

T & TH Ongoing 2:00 – 4:00 p.m.

WELLNESS THROUGH WEIGHT TRAINING CLASS

Personalized weight training offers older adults an opportunity to improve fitness, target problem areas, strengthen their upper bodies, and tone muscles. These classes are very popular; you may need to be placed on a waiting list and not able to begin right away.

M, W & F Ongoing 7:30 – 10:30 a.m. \$25/month or \$60/3 months



Jay Lively Activity Center (Ice Arena)

774-1051 1650 N. TURQUOISE DRIVE

DUE TO A ROOF FAILURE THE JAY LIVELY ACTIVITY CENTER HAS BEEN CLOSED TEMPORARILY.



On January 22nd during a major winter storm the roof of the Activity Center partially collapsed as a result of the tremendous snowfall experienced during that storm. As a result the main structure over the ice has been deemed a total loss and will need to be rebuilt. Other parts of the center including the main lobby and lockers rooms will undergo major renovations. The City of Flagstaff is simultaneously working on the demolition of the

existing roof and making plans for the replacement structure. The city is currently working to replace the structure as soon as possible to be able to offer ice to the Flagstaff community. In addition to rebuilding the original structure it is also the goal of the city to enhance the features of the arena and make improvements to create an activity center that will be enjoyed by the entire community. Some of these improvements may include additional bleachers and

expanded seating area for spectators, a concessions area, expanded pro shop, larger community/party room, and the possible addition of a second sheet of ice. The City is accepting cash and non-cash donations to help rebuild and improve the Jay Lively Activity Center. Please visit us online at <http://www.flagstaff.az.gov> and complete a donation form.

JAY LIVELY 774-1051



COMMUNITY EVENTS

SOAR INTO SPRING KITE FESTIVAL

Saturday, April 24, 2010

12:00 p.m. to 4:00 p.m.

Foxglenn Park, 4200 E. Butler Ave.

Parking at Sinagua High School and Knoles Elementary School.

Free

Kite Flying
PALSmobile with Wii
Active Games
Balloon Animals

Free

Carnival Games
Bubble Carniva
Face Painting
Arts and Crafts

\$3.00 All Day Wristband

Bounce Houses
Inflatable Jousting
Kiddie Caboose
Climbing Wall

CONCERTS IN THE PARK ROADSHOW

Wednesdays in June and July

5:30 p.m. – 7:30 p.m.

Free

June 9 Wheeler Park - 212 W Aspen Ave
June 16 Bushmaster Park - 3150 N Alta Vista
June 23 Wheeler Park - 212 W Aspen Ave
June 30 Foxglenn Park - 4200 E Butler
July 7 Mountain View - 519 W Piute
July 14 Wheeler Park - 212 W Aspen Ave
July 21 Foxglenn Park - 4200 E Butler
July 28 Ponderosa Trails - 3875 S Wildwest Trl

Muskellunge Bluegrass
Shri (Blues)
Burnett Family Bluegrass
Nolan McKelvey (Alternative Country/Folk)
Luminaria (Rock)
NACHS (Bagpipes/Celtic-Inspired)
Summit Dub Squad (Reggae)
Knockabouts (Celtic)

FLAGSTAFF CHILDREN'S MUSIC AND ARTS FESTIVAL

Saturday, August 21, 2010

10:00 a.m. – 3:00 p.m.

Wheeler Park (212 W Aspen Ave) Free entry, although there may be a cost associated with some activities. Youth-inspired festival celebrating art, music, dance and culture. Visit our website for a list of activities.

FOR MORE INFORMATION ON EVENTS, DOWNTOWN BANNERS, OR TO APPLY FOR A SPECIAL EVENT PERMIT

Glorice Brehl, Senior Recreation Coordinator

Phone: (928) 213-2312; Email: gbrehl@flagstaffaz.gov

Ricky Conway, Recreation Coordinator II

Phone: (928) 213-2311; Email: rconway@flagstaffaz.gov





RECREATION SERVICES SPECIAL SUMMER ACTIVITIES

SUMMER DAY CAMPS

At the City of Flagstaff Summer Day Camp, your campers will meet new friends, learn the importance of teambuilding and grow in self confidence with the guiding help of our dependable, compassionate counselors! Campers will enjoy playing group games, arts and craft projects, visits from the Arizona Nutrition Network, weekly field trips and swimming at the Aquaplex! We pride ourselves in offering low student to counselor ratios so that each child gets the attention they need and deserve!

M-F June 7- August 13 9:00a.m. - 4:30 p.m.

Kids may be dropped off at camp at 8:30 a.m. and must be picked up no later than 5:00 p.m.

\$90 per week, Ages 5-12 years old

Cogdill Recreation Center, 301 S Paseo Del Flag. Call 779-0037 for more information

NORTHERN ARIZONA'S GOT TALENT

(Formerly known as Flagstaff Rising Stars)

If you think you can sing & has what it takes to be crowned the best crooner in Northern Az.. Are you on the Karaoke circuit? Then this is the competition for you. Three different age divisions compete this year;

12 & under, 13 – 18, 19 & over.

Preliminaries:	W	May 26, June 2	6:00 – 9:00 p.m.	Studio 111
	W	June 9	6:00 – 9:00 p.m.	Coconino Center for the Arts
Semi Finals	W	June 16	6:00 – 9:00 p.m.	Orpheum Theater
Finals	W	June 22	6:00 – 9:00 p.m.	Orpheum Theater

For more information call the Flagstaff Recreation Center 774-1468

TOUCH A TRUCK

Come enjoy the experience of being close to & inside of some of your favorite trucks, service & emergency vehicles that you may not normally have the opportunity to get close to. On hand will be vehicles from city, county, & state agencies, along with several from the military. This event is for kids of all ages young and old.

Sat July 17 10:00 a.m. – 2:00 p.m. Free All ages City Hall North & West parking lots

JUNETEENTH CELEBRATION

Come one; come all to celebrate the National observance of the 13th amendment. There will be burgers, catfish, music, information booths, and games, face painting and a bounce-house for the kids. We will also have a youth essay contest for kids 12-16 years old. The theme of the contest is: "What is Juneteenth and why should I celebrate it?" 1st, 2nd and 3rd place prizes will be awarded!! The contest will run from May 14- June 11. Please call the center at (928)779-0037 for entry form and contest guidelines.

S, June 19, 1:00 p.m. – 5:00 p.m., \$4/plate, All, Cogdill Recreation Center



BUFFALO BIKE STAMPEDE – BUFFALO PARK

Experience the great sport of mountain bike racing! Awards will be given for 1st, 2nd, and 3rd place finishers in each age division and category (boys and girls).

Registration: May 3 – 28

SA	June 5	8:00 a.m. (bicycle safety checks) 9:00 am start time.
Cost:	\$15 pre-registration,	\$20 Day of event.
	Class A	6-7yrs
	Class B	8-9 yrs
	Class C	10-11yrs
	Class D	12-13yrs

Run for your health! Choose a 1-mile fun run and dog walk, or a 5k or 10k race!
Registration: July 19 – Sept. 3

Check in: **Saturday Sept 11** - 8:00 to 9:15 a.m.
1-mile fun run and dog walk 9:30 a.m.
5k & 10k 10:00 a.m.

\$10 person, 1-mile run \$15 **with** T-Shirt

\$10 youth/\$15 adult, 5k & 10k **without** T-Shirt

\$15 youth/\$20 adult, 5k & 10k **with** T-Shirt

WELCOME TO THE FLAGSTAFF AQUAPLEX!

The Aquaplex is a multi-use, multi-generational facility with a variety of activity scheduling. Some areas of the facility will be closed or have restricted hours for program activities. Not all areas of the facility are scheduled for "open" use. Please check specific area schedules, such as the Climbing Wall or Pool Area, before you visit the Aquaplex. Visit our web site at www.flagstaffaquaplex.org or call 213-2300 for specific schedules. Jane Binder, Recreation Manager Flagstaff Aquaplex, jbinder@flagstaffaz.gov, 928-213-2303

GENERAL ADMISSION

Daily Admissions	City Resident	Visitor
Child	\$ 3.00	\$ 3.00
Youth	\$ 4.00	\$ 5.00
Adult	\$ 5.00	\$ 7.00
55 Plus	\$ 4.00	\$ 5.00
Household	\$20.00	\$25.00

AQUAPLEX PASSES

Passes offer a really good discount over daily admission fees.

PASS PROGRAM

3 Month Pass	City Resident	Visitor
Child	\$ 50.00	\$ 55.00
Youth	\$ 65.00	\$ 71.00
Adult	\$105.00	\$115.00
55 Plus	\$ 65.00	\$ 71.00
2 – Household	\$148.00	\$164.00
Household	\$174.00	\$192.00
6 Month Pass	City Resident	Visitor
Child	\$ 90.00	\$ 99.00
Youth	\$110.00	\$121.00
Adult	\$175.00	\$192.00
55 Plus	\$110.00	\$121.00
2 – Household	\$234.00	\$256.00
Household	\$275.00	\$302.00
12 Month Pass	City Resident	Visitor
Child	\$150.00	\$165.00
Youth	\$190.00	\$209.00
Adult	\$310.00	\$340.00
55 Plus	\$190.00	\$209.00
2 – Household	\$425.00	\$468.00
Household	\$500.00	\$550.00

RESIDENT/VISITOR

Resident: Lives within the City of Flagstaff city limits

Proof of residency: show current City of Flagstaff Utility Bill, Drivers License or other identification that shows a City of Flagstaff physical address (No PO Boxes)

Visitor: Anyone not living within the City of Flagstaff city limits, anyone unable to provide proof of residency within the City of Flagstaff city limits.

Age Policies

At the Aquaplex, we are very concerned for the safety of all our patrons. Age policies are in place for safe use of the facility. Our "safety certification" programs for children and youth enable kids to be able to use areas of the Aquaplex with and without adult supervision.



Flagstaff Aquaplex

1702 N. 4TH STREET

FLAGSTAFF, AZ 86004

213-2300 | WWW.FLAGSTAFFAQUAPLEX.ORG

MAILING ADDRESS:

211 W. ASPEN

FLAGSTAFF, AZ 86001

Jane Binder, Recreation Manager Flagstaff Aquaplex, jbinder@flagstaffaz.gov, 928-213-2303

GENERAL HOURS:

Monday-Friday:	6:00 a.m. - 10:00 p.m.
Saturday:	6:00 a.m. - 9:00 p.m.
Sunday	10:00 a.m. - 6:00 p.m.
Pool area closes 15 minutes prior to close of facility.	

SUMMER HOLIDAY HOURS:

May 31 -	Memorial Day - Extended Holiday Hours: Pool, Gym & Climbing Wall open at 10:00 a.m.
July 4 -	Independence Day - Special Holiday Hours: Pool, Gym & Climbing Wall open at 10:00 a.m.
	The Aquaplex will CLOSE at 6:00 p.m.
August 16-18 -	Annual Facility Maintenance CLOSURE
Sept 6 - Labor Day -	Extended Holiday Hours: Pool, Gym & Climbing Wall open at 10:00 a.m.

AGE CATEGORIES

Infants & Toddlers:	4 & Under (Free with one participating paid adult)
Child:	5-11 years
Youth:	12-17 years
Adult:	18-54 years
55 Plus:	55+ years
2 Member Household:	2 members, living at same address, verified by same address ID
Household:	5 members, living at same address, verified by same address ID

FACILITY RENTALS

The Flagstaff Aquaplex facilities may be rented for meetings, special events and other group functions. All facility rentals (except the Party Room) will need to be made through the Reservation Coordinator, Nick Sheldon. He can be contacted by email at: NSheldon@flagstaffaz.gov

FACILITY RENTAL INFORMATION

- All rentals are subject to an additional 25%-of-fees security/cleaning deposit. This additional fee will be refunded by mail pending successful checkout after the event.
- The Flagstaff Aquaplex currently does not allow any alcohol on its premises.
- No cancellations will be allowed for Party Room rentals.
- For reservations please email NSheldon@flagstaffaz.gov or call 928-213-2307 and leave a message.

BIRTHDAY PARTIES AT THE FLAGSTAFF AQUAPLEX!

The Party Room is perfect for youth birthdays! Connected to our Lounge Area, the party room has 3 kid-sized tables and chairs, mini fridge, sink, and direct access to the Aquatics Area. With room for up to 24 kids, renting this space can make any trip to the Aquaplex an event to remember!

The cost is only \$20 per hour (2 hour minimum rental). You can check availability and rent the room by visiting our Front Desk. Then, on the day of your party, you will pay daily admission for the kids and they will be able to use any available part of the Aquaplex all day long! The Party Room is yours to decorate any way you'd like. Bring in your favorite food, cake, games, etc. . . The possibilities are endless!

All rentals are taken on a first come, first serve basis and full payment will be required at time of booking.

KIDS' CORNER

Welcome to the most fun place in town:

The Aquaplex hosts a colorful, fully-equipped babysitting room designed for infants, toddlers and young children. A true get-a-way for your kids (and you); we pride ourselves in striving to provide a Great Time for Every Kid Every Time!

What we do:

We keep a 4 to 1 ratio. We color, do fun crafts, juggle, hula hoop, play babies, build towers, arrange puzzles, throw balls, and invent all sorts of games.

Hours:

Monday-Friday 10:00 a.m. - 1:00 p.m. & 5:00 - 8:00 p.m.
Saturday 10:00 a.m. - 4:00 p.m.

Rates: \$2.00/hour/child, \$1.50/hour for each additional child. Cash, Check, or Punch Card. Parents must stay in the building. We accept children 6 months—8 years.

Parent/guardian must be "on call" within the facility to change diaper or attend to crying child as needed.

ACTIVITIES at the Aquaplex

Activities Recreation Coordinator — Eric Bobkowski, ebobkowski@flagstaffaz.gov
Play, relax, laugh, jump, lift, run, learn and grow! The Aquaplex offers over 30 classes, programs or lessons each month!

You don't have to be a member or pass holder to join any class!

ACTIVITIES FOR KIDS:

Aquaplex After School Sports

Bring your friends for Basketball, Floor Hockey, Volleyball, Rock Climbing, Bocce, Table Tennis, and more.

Tuesdays, 4:00 – 5:00 p.m., 7-12 yrs, \$16 or free to Pass Holders.

1) May 4 - 25 2) June 1 - 22 3) July 6 - 27

Sporties 4 Shorties

We've got scooters, parachutes, soccerballs, bean bags, giant inflatable balls, & more! We play great games!

Tuesdays, 10:30 a.m. - 11:30 a.m., 3 - 5 yrs, \$16 or free to Pass Holders

1) May 4 - 25 2) June 1 - 22 3) July 6 - 27

Tutor Time at the Aquaplex

Learn how to meet deadlines, improve your spelling and test taking abilities, and even learn how to study!

Monday & Wednesdays, 3:30 - 5:00 p.m., Grades K-8, \$16 or Free to Pass Holders

1) May 3 - 26

2) June 7 - 30

3) July 5 - 28

SCHOOL DAYS PROGRAM

Attention all teachers, home schoolers and school groups:

Planning a great field trip? The Aquaplex is for you!

- Group reservations must be made for groups of 10 or more.
- Reservations must be made a minimum of 7 days in advance to insure enough staff for safe activities.
- School Days times are Monday-Friday, 1:00-4:00 pm.
- Admission - 5-11 years \$3.00, 12-17 years \$4.00. *There is no charge for teachers and chaperones.*
- All students wanting to use the Climbing Wall must have a signed waiver from parent or legal guardian. Waivers can be faxed or e-mailed in advance.
- Students arriving with a group must leave with the group

To make your field trip reservation, email NSheldon@flagstaffaz.gov or call and leave a message at 213-2307.

CLIMBING WALL

The Aquaplex staff is ready to bring you a great indoor climbing experience, while maintaining high safety standards! ALL climbers must complete a free, Safety Certification course to use the Wall for "Open" hours.

Climbing Wall Lessons

The challenges of climbing teach youth how to set and achieve goals while improving problem solving, critical thinking skills, and self confidence.

Mondays, 6:00 - 7:00 p.m., \$16 to Pass Holders, \$20 to non-Pass Holders

1) May 3 - 24 2) June 7 - 28 3) July 5 - 26

Kids' Climbing Club

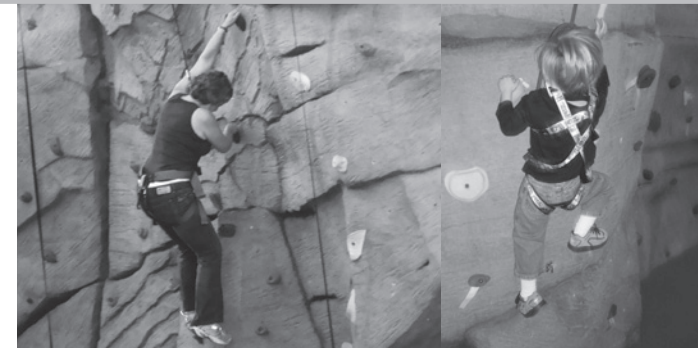
Climb the equivalent of Devil's Tower in Wyoming, and conquer other mountains. All climbers must sign a waiver and abide by rules.

Ages 6 +, Fridays, 7:00 - 8:30 p.m. \$16 Pass Holders \$20 non-Pass Holders

1) May 7 - 28 2) June 4 - 25 3) July 2 - 23

SPRING 2010 HOURS APRIL 1 – JUNE 6

Monday	4:00 - 6:00 PM 6:00 - 9:00 PM	Open Climb Belay Cert / Open Climb
Tuesday	4:00 - 7:00 PM 7:00 - 9:00 PM	Kids Climbing Open Climb
Wednesday	4:00 - 6:00 PM 6:00 - 9:00 PM	Kids Climbing Open climb
Thursday	4:00 - 5:00 PM 5:00 - 7:00 PM 7:00 - 9:00 PM	Kids Climbing Open Climb / Kids Climbing Open Climb
Friday	4:00 - 7:00 PM 7:00 - 9:00 PM	Kids Climbing Open Climb
Saturday	10 AM - 12:00 PM 12:30 - 3:00 PM 3:00 - 4:00 PM 4:00 - 9:00 PM	Kids Climbing Open Climb Belay Certification Open Climb
Sunday	Closed	



SUMMER 2010 HOURS JUNE 7 – AUGUST 15

Monday	10:00 AM - 4:00 PM 4:00 - 6:00 PM 6:00 - 9:00 PM	Open Climb Kids Climbing Open Climb
Tuesday	10:00 AM - 4:00 PM 4:00 - 7:00 PM 5:00 - 7:00 PM 7:00 - 9:00 PM	Open Climb Kids Climbing Belay Certification Open Climb
Wednesday	10:00 AM - 4:00 PM 4:00 - 6:00 PM 6:00 - 9:00 PM	Open Climb Kids Climbing Open Climb
Thursday	10:00 AM - 4:00 PM 4:00 - 5:00 PM 5:00 - 7:00 PM 7:00 - 9:00 PM	Open Climb Kids Climbing Belay Certification / Kids Climbing Open Climb
Friday	10:00 AM - 4:00 PM 4:00 - 7:00 PM 7:00 - 9:00 PM	Open Climb Kids Climbing Open Climb
Saturday	10:00 AM - 12:00 PM 12:30 - 3:00 PM 3:00 - 5:00 PM 4:00 - 9:00 PM	Kids Climbing Open Climb Belay Certification Open Climb
Sunday	Closed	

OPEN ACTIVITIES in the GYM

Due to the requirements of setting up equipment, drop-in activities are scheduled.

Mondays

8:00 A.M.-3:30 P.M. Volleyball ½ of Gym, Basketball ½ of Gym.
4:00 - 5:30 P.M. Volleyball 1/2 of Gym (OPEN VB PROGRAM), Basketball of 1/2 Gym.

Tuesdays & Thursdays

7:00 A.M.-3:30P.M. Volleyball ½ of Gym, Basketball ½ of Gym. Open Ping Pong ½ gym 10am-1pm.
4:00 P.M.-5:45P.M. Basketball ½ of Gym, Volleyball 1/2 of Gym.
6:00-9:30 P.M. Basketball- ENTIRE Gym. THURSDAY NIGHT HOOPS (Thursdays only)

Wednesdays

8:00 A.M.-1:00 P.M. Volleyball ½ of Gym, Basketball ½ of Gym.
4:00 - 5:30 P.M. 1/2 Gym Volleyball.1/2 of Gym Basketball.

Fridays

8:00 A.M.-3:30 P.M. Volleyball 1/2 of Gym, Basketball 1/2 of Gym.
4:00 - 5:30 P.M. Volleyball 1/2 of Gym(OPEN VB PROGRAM), Basketball 1/2 of Gym.
8:00 - 9:30 P.M. Open Ping Pong

Saturdays

8:00 A.M.-12:30 P.M. Volleyball ½ of Gym, Basketball ½ of Gym.
3:30-8:30 P.M. Volleyball1/2 of Gym, Basketball 1/2 of Gym.

Sundays

10:00 A.M.-6:00 P.M. Volleyball ½ of Gym, Basketball ½ of Gym.

Open Volleyball

Ages 15 & up. 4:00 - 5:30 P.M. on Mondays and Fridays.

Thursday Night Pick Up Hoops

Thursdays, 6:00 - 9:30 P.M. Ages 15 and up.

ONE DAY SPECIAL PROGRAMS

FOOD & FUN

Calling all 3rd -6th graders! Come learn how to make healthy meals and have fun in the Gym and Pool at the Aquaplex at Fun & Food Night. Did you know that a healthy diet & exercise can make you feel better & live longer! Bring your swimsuit and get ready for a great time!

4pm - 6pm, Thursdays, FREE

April 15, Games in the Gym & Cooking (no pool)

May 20, Pool & Cooking (bring swim suit & towel)

June 17, Pool & Cooking (bring swimsuit)

Parents must sign children up at Aquaplex. Please pre-register 3 days prior to each session.

Photography Clinic

In this beginner class you will learn how to take close-ups, how to capture light, and other techniques. Come sign up today to start a dynamic hobby that lasts a lifetime! Instructed by Elizabeth Nuemayer \$5.00 per person— please bring your own camera.

Saturday June 26th— pre register by June 23rd. 10-11am

FITNESS CLASSES

ZUMBA!

Dance your way to a better physique! Tone and sculpt your body with easy to follow dance steps.

Monday & Wednesdays, 4:30 - 5:30 p.m., \$34 for pass holders, \$38 non pass holders

1) May 3 - 26

2) June 7 - 30

3) July 5 - 28

HATHA YOGA

Shadow Yoga is an introduction to the prelude form Balakrama (Stepping into Strength) that will decrease muscular tension and broaden your understanding of yoga's principles.

Wednesdays, 6:00 - 7:00 p.m., Ages 12 and up, \$16 or free to Pass Holders

1) May 5 - 26

2) June 2 - 23

3) July 7 - 28

NEW! BOOT CAMP FOR KIDS

For all 8-12 year olds! A great afterschool activity awaits you, make new friends while getting into tip top shape. Thursdays, 4:30 - 5:30 p.m., Ages 8-12, \$16 or free to Pass Holders

1) May 6 - 27

2) June 3 - 24

3) July 1 - 22

NEW! OPEN PING PONG

Did you know players can burn over 500 calories playing just one hour!

Tuesdays & Thursdays, 10:00 a.m -1:00 p.m., April - June, 12 and up, Daily Admission/free to Pass Holders.

DANCE

THE FLAGSTAFF BALLROOM ACADEMY

April - July 2010 Dance Schedule | Adult Ballroom Dance Workshops

Adult Ballroom Workshops

APRIL 8, 15, 22, & 29TH.

6:30 P.M. - Argentine Tango Level I

"The Latin Lovers' Dance"

8:00 P.M. - Cuban Mambo/Salsa Level II

"The "Red Hot" Latin Dance"

MAY 6, 13, 20, & 27TH.

6:30 P.M. - American Rumba Level I

"The Slow Romantic Latin Dance"

8:00 P.M. - Nightclub Two Step Level I

"The Slow Dancers Dance"

"The Hold'm, Squeeze'm, Love'm, and Please'm Dance"

JUNE 3, 10, 17, & 24TH.

6:30 P.M. - East Coast Swing Level I

"The All American Dance of Youth!"

8:00 P.M. - American Waltz Level I

"The Original American Social Dance"

JULY 1, 8, 15, & 22ND.

6:30 P.M. - Cuban Mambo/Salsa Level I

"The "Red Hot" Latin Dance"

8:00 P.M. - American Fox Trot Level I

"The Dance of Style and Grace"



Student "Practice" Dance Parties

Friday Nights - Every 4th Friday of each month.

7:30 P.M. to 9:30 P.M.

Exclusively for all of the Past & Present Adult and Junior Ballroom Dance Students of the Flagstaff Ballroom Academy. Please bring your dance shoes to protect the fantastic solid wood dance floor. Please join us for all the fun dancing!

Cost: \$5.00 for Adults & \$3.00 for the Junior Dancers.

Workshop Costs: \$50.00 per Workshop (6 Hours each)

Per person per dance workshop. \$10 discount if one person purchases two different workshops together. All classes are 1 - 1/2 hours each.

Handouts provided for each dance. You do **not** need a partner for any class.

You must preregister at least 3 days prior to each workshop.

6 student minimum for a class to be held.

Blair D. Wood, B.A., C.P.D.I.

Certified Professional Ballroom and Nightclub Dance Instructor

You may contact Blair at 928-774-8046.

E-mail address - Blair@theFBA.org

Website - FlagstaffBallroomAcademy.org

(Complete dance descriptions are available at our websites.)

JUMP INTO FITNESS - AGES 12 - ADULT

Jumping rope can improve the cardiovascular system and improve balance.

No previous jump rope experience is required, but be ready to burn calories and sweat!

Mondays, 6:00 - 7:00 p.m., 12 - Adult, \$16.00 or Free to Pass Holders

1) May 3 - 24

2) June 7 - 28

3) July 5 - 26

BURN & FIRM - AGES 12 - ADULT

Firm your body during this class that incorporates light weights, steps, and stretching excursions.

Mondays, 7:00 - 8:00 p.m., 12- Adult, \$16.00 or free to Pass Holders

1) May 3 - 24

2) June 7 - 28

3) July 5 - 26

SIT N' FIT

Recommended for adults with issues that prevent more active fitness programs

Come join us for a new workout that is easier on the back and lower body. Strengthen both upper and lower body parts while lifting light weights, stretch, and do breathing exercises while seated.

Saturdays, 12:00 - 1:00 p.m., Adult, \$16.00 or free to Pass Holders

1) May 1 - 22

2) June 5 - 26

AQUATICS 213-2308

Aquaplex
1702 North 4th Street 213-2300
Shauna Fisher, Recreation Coordinator II - Aquatics, 213-2308, sfisher@flagstaffaz.gov

Spring Hours: March 22-June 5, 2010

Swimming is for LIFE! No matter your age or ability, everyone can participate in some type of "pool play", from water walking to lap swimming to just playing and having fun. Stay fit, learn a new hobby, have fun or just relax in our new state of the art facility. We have something for every one so grab your goggles and towel and check out Flagstaff's first recreation based aquatic facility.

RECREATION SWIM

Enjoy the lazy river, vortex, 2 slides, zero depth play area with splash features, water basketball, and hot tub.

Mon/ Wed/Fri:	1:00 p.m. – 9:45 p.m.
Tues/ Thurs:	1:00 p.m. – 4:55 p.m. 7:00 p.m. – 9:45 p.m.
Saturday:	12:00 p.m. – 8:45 p.m.
Sunday:	12:00 p.m. – 5:45 p.m.

LAP SWIM 16 & OVER

The number of lanes available may vary from time to time – Please share the lanes! Lap pool only

Mon/ Wed:	6:00 a.m. – 9:00 a.m.	3 lanes available
	11:00 a.m. – 12:00 p.m.	3 lanes available
Tues/ Thurs:	6:00 a.m. – 8:00 a.m.	3 lanes available
	12:00 a.m. – 1:00 p.m.	3 lanes available
	5:30 p.m. – 7:00 p.m.	2 lanes available
Friday:	6:00 a.m. – 12:00 p.m.	3 lanes available
Saturday:	6:00 a.m. – 12:00 p.m.	2 lanes available
Sunday:	10:00 a.m. – 12:00 p.m.	3 lanes available

PARENT TOT PLAY TIME

Children must be 6 and under. Play area only and children must be accompanied by a legal guardian who is within arms reach of the child at all times.

Mon/ Wed/ Fri:	9:00 a.m. – 1:00 p.m.
Tues/ Thurs:	9:00 a.m. – 1:00 p.m. 5:00 p.m. – 7:00 p.m.
Saturday:	8:30 a.m. – 12:00 p.m.
Sunday:	10:00 a.m. – 12:00 p.m.

OPEN WATER WALKING

Less joint stress, greater resistance factor, excellent cardiovascular performance, wonderful toning benefits. . . all this and you don't even have to get your hair wet! Lazy river only & 16 yrs + only

Mon/ Wed:	6:00 a.m. – 9:00 a.m. 11:00 a.m. – 1:00 p.m.
Tues/ Thur	6:00 a.m. – 9:00 a.m. 11:00 a.m. – 1:00 p.m.
Friday:	6:00 a.m. – 1:00 p.m.
Saturday	6:00 a.m. – 8:30 a.m.
Sunday:	10:00 a.m. – 12:00 p.m.

OPEN HOT TUB

Our hot tub will be open during all hours of operation for therapy and relaxation. Children 6-11 may use the hot tub if accompanied by an adult, for safety children 5 and under are NOT permitted in the hot tub.

Mon through Fri:	6:00 a.m. – 9:45 p.m.
Saturday:	6:00 a.m. – 8:45 p.m.
Sunday:	10:00 a.m. – 5:45 p.m.

WATER AEROBICS

Less joint stress, greater resistance factor, excellent cardiovascular performance, wonderful toning benefits. Pass holders: free or pay general daily admission

Mon/ Wed/ Fri:	12:00 p.m. – 1:00 p.m.	Lap pool
Tues & Thursday	6:00 p.m. – 7:00 p.m.	Splash pool

SENIOR THERAPEUTIC WATER EXERCISE

This class provides a low impact workout for anyone suffering from chronic illness or physical challenge, including arthritis, diabetes or cardiovascular disease. Location changes from lap pool to splash pool depending on scheduled time. Pass holders: free or pay general daily admission

Tues & Thurs:	8:00 a.m. – 9:00 a.m.	Lap Pool
Tues & Thurs:	11:00 a.m. – 12:00 p.m.	Lap pool

SPRING SWIM LESSONS - April 26 – May 22

Please visit our web site or pick up the spring swim lesson flyer for a full schedule for this session!

Just the facts please. . .

- Swim lessons are Monday/Wednesday or Tuesday/Thursday for 4 weeks
- We will also provide Saturday 60 minute lessons for all levels for 4 weeks
- Parent/Tot, Pre-level, Level 1 and Level 2 are 30 min. classes and cost \$25 per session for Aquaplex pass holders and \$30 per session for non pass holders
- Levels 3-6 and adult classes are 40 min. classes and cost \$35 per session for pass holders and \$40 per session for non pass holders
- All swim lessons are at the Aquaplex
- Register at the Aquaplex or www.flagstaffaz.gov/recreation, payment required at time of registration

Please visit our web site or pick up the spring swim lesson flyer for a full schedule for this session!



SPLASH INTO SUMMER WATER SAFETY!

May is National Water Safety Month! Come Celebrate with us May 16th-22nd at the Flagstaff Aquaplex!

Family Fun & Water Safety May 16th, 2010 12:00pm-1:00pm

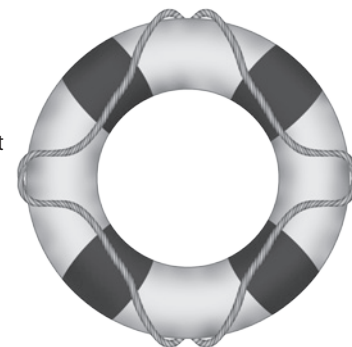
Join our Aquatics staff for a fun filled hour of skits, lifejacket safety, home pool safety and coloring contest! Appropriate for Families and children ages 0-8. Free!

Tween Water World Wednesday May 19th, 2010 7pm-8pm

Bring a swimming buddy and have a splashing time learning water survival skills, Personal Water Craft Safety, What to do when your buddy is in trouble and finish off with an Aquatic Relay Race! Prizes will be awarded! Appropriate for kids age 8-13. Free

Boater's Safety Course!

"Educated Boaters are 70% less likely to be involved in a boating accident." -AZ Game and Fish Come take this intensive course and leave with AZ Boater's Safety Education Certificate! This course might even get you a significant PWC or Boat Insurance discount! Call (928) 213-2308 for date and time. Cost \$20.



SUMMER HOURS: JUNE 6-AUGUST 13, 2010

Recreation Swim	Monday - Thursday:	1:00 p.m. – 4:55 p.m. 7:00 p.m. – 9:45 p.m.
	Friday:	1:00 p.m. – 9:45 p.m.
	Saturday:	10:00 a.m. – 8:45 p.m.
	Sunday:	12:00 p.m. – 5:45 p.m.

Lap Swim 16 & over

Two lanes will be available each day for circle lap swim – please share the lane!

Mon/ Wed/ Fri:	6:00 a.m. – 9:00 a.m. 12:00 p.m. – 1:00 p.m.
Tues/ Thurs:	6:00 a.m. – 9:00 a.m. 12:00 p.m. – 1:00 p.m. 5:00 p.m. – 7:00 p.m.
Saturday:	6:00 a.m. – 10:00 a.m.
Sunday:	10:00 a.m. – 12:00 p.m.

Open Water Walking

Less joint stress, greater resistance factor, excellent cardiovascular performance, wonderful toning benefits.

Monday – Friday	6:00 a.m. – 9:00 a.m. 12:00 a.m. – 1:00 p.m.
Saturday:	6:00 a.m. – 10:00 a.m.
Sunday:	10:00 a.m. – 12:00 p.m.

Open Hot Tub

The hot tub is open during all hours of operation for therapy and relaxation. Children 5-11 may use the hot tub if accompanied by an adult.

Monday - Friday:	6:00 a.m. – 9:45 p.m.
Saturday:	6:00 a.m. – 8:45 p.m.
Sunday:	10:00 a.m. – 5:45 p.m.

DROP- IN WATER FITNESS CLASSES

Water Aerobics

Less joint stress, greater resistance factor, excellent cardiovascular performance, wonderful toning benefits, de-stress your day. . . all this and you don't even have to get your hair wet! Free to Pass holders or Daily Admission.

Mon/ Wed/ Fri:	12:00 p.m. – 1:00 p.m.
Tues & Thursday:	6:00 p.m. – 7:00 p.m. (Splash Pool)

Senior Therapeutic Water Exercise

This class provides a low impact workout for anyone suffering from chronic illness or physical challenge, including arthritis, diabetes or cardiovascular disease. Pass holders: free or pay general daily admission

Tues & Thurs:	12:00 a.m. – 1:00 p.m.
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SUMMER SWIM LESSON PROGRAM

Registration April 1, 2010

Just the facts please...

- Summer Swim lessons run Monday through Thursday for 2 weeks
- Parent/Tot, Pre-level, Level 1 & 2 are 30 min classes and cost \$25 per session for Aquaplex pass holders and \$30 per session for non pass holders
- Levels 3-6 and advanced classes are 40 min classes and cost \$35 per session for pass holders and \$40 per session for non pass holders
- All swim lessons are at the Aquaplex
- Register at the Aquaplex, payment required at time of registration

*We reserve the right to cancel any class due to lack of registration. If we cancel a class, participants will be offered a transfer, household credit or refund.

Summer Swimming Lesson Schedule

Session I June 7 - 18
 Session II June 21 - July 2
 Session III July 5 - 16
 Session IV July 19 - 30
 Session V August 2 - 13
 Times: Morning: 9:00 a.m., 9:45 a.m., 10:30 a.m., and 11:15 a.m.
 Evening: 5:00 p.m., 5:45 p.m., and 6:30 p.m.

SWIM LESSON LEVEL DESCRIPTIONS

PARENT AND CHILD AQUATICS LEVEL 1

Parent-Tot Classes familiarize young children (from ages 6 months to about 3 years) to the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own.

PRESCHOOL AQUATICS

Preschool Aquatics consists of three levels and promotes the developmentally appropriate learning and fundamental water safety and aquatic skills to young children about 4 and 5 years of age.

- **Preschool Aquatics Level A**
Skills include: submerging mouth, nose, and eyes; gliding on front and back supported; changing positions from front to back supported.
- **Preschool Aquatics Level B**
Skills in this level are performed with assistance. Skills include: touching the bottom of the pool in 1-3ft.; alternating or simultaneous arm movements; opening eyes underwater and picking up submerged object.
- **Preschool Aquatics Level C**
Level C builds on the skills learned in Level A and B. Skills in this level are performed with little or no support. Instructors teach children to improve coordination of combined simultaneous arm and leg action.

Morning		Session I	Session II	Session III	Session IV	Session V
Time	Days	June 7-18	June 21-July 2	July 5-16	July 19-30	August 2-13
9:00-9:30 am	M,T,W,T	Parent/Tot	Parent/Tot	Parent/Tot	Parent/Tot	Parent/Tot
9:00-9:30 am	M,T,W,T	Preschool A	Preschool A	Preschool B	Preschool A	Preschool A
9:00-9:30 am	M,T,W,T	Level 1	Preschool B	Preschool C	Level 1	Level 1
9:00-9:30/9:40 am	M,T,W,T	Level 2	Level 1	Level 1	Level 3	Level 2
9:00-9:30/9:40 am	M,T,W,T	Level 3	Level 2	Level 4	Level 4	Level 5
9:00-9:40 am	M,T,W,T	Adult	Level 3	Adult	Level 5	Adult
9:45-10:15 am	M,T,W,T	Preschool A	Preschool A	Preschool A	Preschool B	Preschool B
9:45-10:15 am	M,T,W,T	Preschool B	Preschool B	Preschool B	Preschool C	Preschool C
9:45-10:15 am	M,T,W,T	Level 1	Level 1	Level 1	Level 1	Level 1
9:45-10:15 am	M,T,W,T	Level 2	Level 2	Level 2	Level 2	Level 2
9:45-10:15/10:25 am	M,T,W,T	Level 2	Level 3	Level 3	Level 3	Level 3
9:45-10:25 am	M,T,W,T	Level 3	Level 5/6	Level 5/6	Level 5/6	Level 5/6
10:30-11:00 am	M,T,W,T	Parent/Tot	Parent/Tot	Parent/Tot	Parent/Tot	Parent/Tot
10:30-11:00 am	M,T,W,T	Preschool B	Preschool C	Preschool B	Preschool A	Preschool A
10:30-11:00 am	M,T,W,T	Level 1	Level 1	Level 1	Level 1	Level 1
10:30-11:00 am	M,T,W,T	Level 2	Level 2	Level 2	Level 2	Level 2
10:30-11:10 am	M,T,W,T	Level 3	Level 3	Level 3	Level 3	Level 3
10:30-11:10 am	M,T,W,T	Level 4	Level 4	Level 4	Level 4	Level 4
11:15-11:45 am	M,T,W,T	Preschool A	Preschool B	Preschool A	Preschool B	Preschool B
11:15-11:45 am	M,T,W,T	Preschool B	Level 1	Preschool C	Preschool C	Preschool C
11:15-11:45 am	M,T,W,T	Level 1	Level 2	Level 1	Level 1	Level 1
11:15-11:45/11:55 am	M,T,W,T	Level 2	Level 3	Level 2	Level 2	Level 2
11:15-11:55 am	M,T,W,T	Level 3	Level 4	Level 3	Level 4	Level 3
11:15-11:55 am	M,T,W,T	Level 5	Adult	Level 5	Adult	Level 6

Evening		Session I	Session II	Session III	Session IV	Session V
Time	Days	June 7-18	June 21-July 2	July 5-16	July 19-30	August 2-13
5:00-5:30 pm	M,T,W,T	Level 4	Parent/Tot	Level 1	Parent/Tot	Preschool B
5:00-5:30 pm	M,T,W,T	Preschool A	Preschool A	Preschool A	Preschool C	Preschool C
5:00-5:30 pm	M,T,W,T	Preschool B	Preschool B	Preschool B	Level 1	Level 1
5:00-5:30 pm	M,T,W,T	Level 1	Level 1	Level 1	Level 2	Level 2
5:00-5:30/5:40 pm	M,T,W,T	Level 2	Level 2	Level 2	Level 3	Level 3
5:00-5:40 pm	M,T,W,T	Level 3	Level 3	Level 3	Level 4	Level 4
5:45-6:15 pm	M,T,W,T	Preschool A	Preschool A	Preschool B	Preschool B	Preschool C
5:45-6:15 pm	M,T,W,T	Level 1	Level 1	Level 1	Preschool C	Level 1
5:45-6:15 pm	M,T,W,T	Level 1	Level 1	Level 2	Level 1	Level 2
5:45-6:15/6:25 pm	M,T,W,T	Level 2	Level 2	Level 2	Level 2	Level 3
5:45-6:25 pm	M,T,W,T	Level 3	Level 3	Level 3	Level 4	Level 5
5:45-6:25 pm	M,T,W,T	Level 4	Level 4	Level 4	Level 5	Level 6
6:30-7:00 pm	M,T,W,T	Parent/Tot	Preschool C	Parent/ Tot	Preschool A	Parent/Tot
6:30-7:00 pm	M,T,W,T	Level 5	Level 2	Level 5	Level 3	Level 4
6:30-7:10 pm	M,T,W,T	Adult	Adult	Adult	Adult	Adult



LEARN-TO-SWIM

Learn-to-Swim classes teach aquatic and personal water safety skills in a logical progression. It consists of six levels. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes exit skills assessments that put together many of the skills learned in the level. In all levels, instructors will present additional safety skills and messages.

- **Learn-to-Swim Level 1 - Introduction to Water Skills**
Skills in Level 1 with instructor support include: Front and back float for 3 seconds; treading in chest deep water; combined arm and leg action on front and back for at least 5ft.
- **Learn-to-Swim Level 2 – Fundamental Aquatic Skills**
Skills in this level are performed unsupported and include: Front and back glide for two body lengths; combined arm and leg action on front and back for 15 ft.
- **Learn-to-Swim Level 3 – Stroke Development**
The Objective of Learn-to-Swim Level 3 is to build coordinated strokes. Skills include: front and back crawl for 15 yards; treading in deep water; glides for two body lengths using two different kicks.
- **Learn-to-Swim Level 4 – Stroke Improvement**
Level 4 develops participants' confidence in the strokes learned thus far and increase endurance. Skills include: Front crawl, back stroke, breaststroke, and butterfly for a minimum of 15 yards; open turn on back and front; survival floats for 1 minute in deep water.
- **Learn-to-Swim Level 5 – Stroke Refinement**
Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distance. Flip turns on the front and back are also introduced.
- **Learn-to-Swim Level 6 – Swimming and Skills Proficiency**
Refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and focuses on personal water safety and witness swimming. Participants train to swim 500 yards using combined strokes.

SAFETY POLICIES & GUIDELINES FOR POOL CUSTOMERS

The following policies & guidelines have been created for the safety of our guests.

- Swimming suits are required.
 - Children under age 12 must be accompanied by a guardian/caregiver 17 years or over.
 - Children 5 – 11 may swim alone after they have passed the swimming safety class and test.
 - Persons with infectious/contagious conditions may not use the facility.
 - Food, beverages, and smoking are not allowed inside the facility.
 - Glass containers and alcoholic beverages are not allowed in the pool or pool areas.
 - Please take a soap shower before entering the pool.
 - Be considerate of other patrons using the facility. Rough horseplay or swearing are not permitted.
 - Inflatable toys are not permitted for the safety of our swimmers.
 - Toys, lifejackets, and other equipment must be approved by the pool supervisor or lifeguard.
 - Swimmers may need to take a swim test to safely swim in the deep end of the pool or to use slides.
 - Swimmers must be 48 inches tall to use the water slide. **No exceptions**
- Safety is our priority!
The Aquatic Staff may take any action or enforce any rule that provides for the safe play and recreation of all of our customers.





RECREATION
CITY OF FLAGSTAFF



1 FLAGSTAFF RECREATION CENTER
2403 N. ISABEL ST.

2 COGDILL RECREATION CENTER
301 S. PASEO DEL FLAG

3 JAY LIVELY ACTIVITY CENTER
1650 N. TURQUOISE DRIVE

4 THORPE PARK COMMUNITY & SENIOR CENTER
245 N. THORPE RD.

5 FLAGSTAFF AQUAPLEX
1702 N. 4TH STREET



WWW.FLAGSTAFF.AZ.GOV/RECREATION

SPRING-SUMMER 2010 EDITION